

Walk or Run To Better Health...

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AMERICAN MEDICAL RESPONSE



San Bernardino County, Department of Public Health



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Join us for the 4th Annual Arrowhead Regional Medical Center Community 5K Walk/Run plus, Health & Fitness Expo

Saturday, March 13, 2010 at ARMC

Registration begins at 7 a.m.,

Warm-ups at 8 a.m. and Walk/Run at approximately 8:30 a.m.

FREE!

Pre-register online @ www.arrowheadmedcenter.org

FREE activities and giveaways include:

- Headbands for the first 1,500 to register for Walk or Run
- Breakfast snacks and drinks
- Games for the entire family
- Stay-healthy information
- Cool-downs by Rialto Racket & Fitness Center
- Zumba (Latin jazzercise) warm-ups
- Healthy cooking demonstration, 9:30 AM
- Basic health screenings
- Live on-stage demonstrations
- Plus More!

The Heart Of A Healthy Community



ARROWHEAD REGIONAL MEDICAL CENTER

909-580-1000 400 NORTH PEPPER AVENUE ▼ COLTON ▼ CALIFORNIA ▼ 92324